



# American Heart Month

**Safety Topic of the Month**  
**Richmond Refinery**

**2/2/09**

## American Heart Month!

February is American Heart Month – How's your heart?

In the United States, and in developing countries around the world, heart disease is a leading cause of death. Many types of heart disease are preventable if detected early.

Promoting your health not only extends your life, it also means fewer medications in your lifetime, greater freedom, and having the capacity to do the things you like to do ... for longer!

Wear Red on  
Feb. 6  
to support the fight  
against heart disease  
in women  
- *American Heart Association*

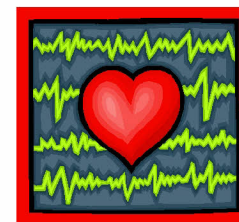


# Heart Disease

Cardiovascular disease encompasses all medical conditions that affect the heart and the blood vessels, such as a heart attack or a stroke.

## Recognize Your Risk Factors

Cardiovascular disease can really sneak up on you. That's because some of the most common contributors to developing the disease don't cause noticeable problems overnight. Often it's not until you are diagnosed with cardiovascular disease or when symptoms begin to surface that many people start to take serious action.



# Heart Disease Risk Factors

Family history of premature heart attack.

Male Gender

Age (men 45+, women 55+)

High Cholesterol (TC >200, Triglycerides >100, Ratio >4.5)

High Blood Pressure and obesity as it relates to high blood pressure

Sedentary Lifestyle

Stress

Smoking



# Heart Disease

Fortunately, you do have control over the most common risk factors for cardiovascular disease.

- elevated cholesterol and
- high blood pressure and related excessive weight
- Inadequate physical activity,
- high stress levels,
- tobacco use – smoking



These are things you can change today that will significantly reduce your risk for developing cardiovascular disease in the future.

Having the presence of multiple risk factors only means you should address your heart health needs. Get involved with a heart health program!

# The fitness center performs cholesterol screens



We tested 204 participants in December 2008. These are their average results...

BU	Ave. AGE	TC	HDL	TRG	RATIO
D&R	47.9	180.8	41.1	208.3	4.6
HYDRO	40	183.1	39	201	5
SRU	39.4	184.9	36.6	192.9	5.1
FCC	40.2	186.2	43.5	196.7	4.6
WHARF	45.5	191.5	45.6	152.2	4.5
T&B	45.9	191.7	42.7	174.8	4.7
<b>Operations AVERAGE</b>	<b>43</b>	<b>186</b>	<b>41</b>	<b>188</b>	<b>4.8</b>



## ... Where do you fit in?

Maintenance	Ave. AGE	TC	HDL	TRG	RATIO
I&E	44	187.6	42.1	178.1	5.2
3 DIST	45	188.8	28.8	252.5	6.7
MACHINE SHOP	37	189.7	51.7	216.5	4.2
RTD	42.6	192.6	45.1	150.6	4.4
D&R	46.7	193.1	43.2	145.3	4.9
PLANNING	50.6	195	36.4	191.4	6.3
HYDRO	47.2	198	45.9	149	4.6
BOILER SHOP	46.5	204.2	32.7	241.5	6.6
IMPACT	41.7	205.5	41.2	149.8	5.2
<b>MAINT. AVERAGE</b>	<b>45</b>	<b>195</b>	<b>41</b>	<b>186</b>	<b>5.3</b>



## Learn and Live ... a motto to live by!

Knowing cholesterol numbers and your risk level is a good first step. Once you have an idea about your risk level ... what do you do next?

<b>Business</b>	<b>Ave. AGE</b>	<b>TC</b>	<b>HDL</b>	<b>TRG</b>	<b>RATIO</b>
<b>Operations AVERAGE</b>	<b>43</b>	<b>186</b>	<b>41</b>	<b>188</b>	<b>4.8</b>
<b>Maintenance AVERAGE</b>	<b>45</b>	<b>195</b>	<b>41</b>	<b>186</b>	<b>5.3</b>
<b>COMBINED AVERAGE</b>	<b>44</b>	<b>191.5</b>	<b>41</b>	<b>186.7</b>	<b>5.1</b>



## Cardiovascular improvement programs will focus on your Modifiable Risk Factors like:

1. Quitting Smoking
2. Begin Exercise
3. Improve your blood lipid panel
4. Reducing stress and high blood pressure!



# Programs available at Richmond

## **Employees only:**

### Corporate Cardiovascular Health Program

Richmond Refinery HEART

Smoking Cessation Program

Activities at the Rod & Gun/ ACRC



## **All:**

Yoga Mondays in the Cafeteria – FREE

Yoga Thursdays at Marina Way – FREE

HEART Lunch and Learns on Lifestyle coaching and Nutrition.

Richmond Refinery Fitness Center

Monthly Fit Tip



Richmond Refinery Fitness Center  
will answer your HEART questions

Heart Health Questions?

## How else can you promote heart ?

Learn CPR!

Go Red for Women, February 6

Know your numbers – Cholesterol, glucose, etc.

Monitor your blood pressure

Select heart healthy menu items.

Promote heart healthy lifestyles... exercise!

Become aware of free heart healthy resources

